

State of South Carolina

Governor's Proclamation

WHEREAS, a well-balanced diet rich in fruits and vegetables helps ensure the continued health and well-being of the residents of the Palmetto State; and

WHEREAS, increased consumption of fruits and vegetables and daily physical activity may help reduce the risk of developing chronic diseases such as stroke, heart disease, diabetes, overweight and obesity, and some forms of cancer; and

WHEREAS, the 5 A Day for Better Health Program calls attention to the positive health benefits of eating 5 to 9 servings of fruits and vegetables every day; and

WHEREAS, the 2006 observance of National 5 A Day Month provides an opportunity for the residents of the Palmetto State to get actively involved and committed to the importance of good nutrition and physical activity for better health.

NOW, THEREFORE, I, Mark Sanford, Governor of the Great State of South Carolina, do hereby proclaim September 2006 as

5 A DAY MONTH

throughout the state and encourage all South Carolinians to increase their consumption of fruits and vegetables for improved health.



A handwritten signature in black ink, appearing to read "Mark Sanford".

MARK SANFORD
GOVERNOR
STATE OF SOUTH CAROLINA